



# The Senior Sentinel

884-4100 885-5381 863-6112 587-8653 654-9003 798-0231

The Office for the Aging will be **closed Monday, September 1st** in observance of Labor Day.



***Saratoga County Office for the Aging  
Annual Senior Picnic  
Thursday, September 10th  
Saratoga County Fair Grounds  
Rain or Shine***



***BBQ Chicken  
Potato Salad  
Coleslaw  
Baked Beans  
Roll  
Lemon Summer Cake & Refreshments***

*Please join us for an afternoon of good food, music and dancing  
Entertainment provided by Mark Hersh*

***Lunch will be served at 12 noon  
Tickets are available at The Saratoga County Office for the Aging  
Call 884-4100 for details  
Tickets are \$4.00 each and are non refundable***

## Saratoga County Public Health and the Office for the Aging Health Screening Schedule for **October 2015.**

Galway Town Hall  
Malta Community Center  
Shenendehowa Village  
Doubleday Woods

1:30 pm - 3:00 pm  
10:00 am - 12:00 am  
12:00 pm - 1:00 pm  
10:00 am - 12:00 pm

October 15  
October 19  
October 20  
October 23

***Have you done your Yearly Medicare Review?  
Medicare Open Enrollment  
October 15—December 7  
Remember, Medicare plans can change each year***

**Important Medicare Dates**

**September & October— Review & compare**

**Review:** Your plan may change. Review any notices from your plan about changes for next year.

**Compare:** Starting in October, use Medicare's tools to find a plan that meets your needs.

**October 15— Open Enrollment begins**

This is the one time of year when ALL people with Medicare can make changes to their health and prescription drug plans for the next year.

**Decide:** October 15 is the first day you can change your Medicare coverage for next year.

**December 7—Open Enrollment ends**

In most cases, December 7 is the last day you can change your Medicare coverage for next year. The plan has to get your enrollment request (application) by December 7.

**January 1—Coverage begins**

Your new coverage begins if you switched to a new plan. If you stay with the same plan, any changes to coverage, benefit, or costs for the new year will begin on January 1.

**Making changes to your coverage after January 1**

Between January 1-February 14, if you're in a Medicare Advantage Plan, you can leave your plan and switch to Original Medicare. If you switch to Original Medicare during this period, you'll have until February 14 to also join a Medicare Prescription Drug Plan to add drug coverage. Your coverage will begin the first day of the month after the plan gets your enrollment form.

**4 ways to get the help you need**

- 1. Visit [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan)** to use the Medicare Plan Finder.
- 2. Look at your most recent “Medicare & You” handbook** to see a listing of plans in your area. You should also review any information you get from your current plan, including the “Annual Notice of Change” letter.
- 3. Call 1-800-MEDICARE (1-800-633-4227)**, and say “Agent.” TTY users should call 1-877-486-2048. Help is available 24 hours a day, including weekends. If you need help in a language other than English or Spanish, let the customer service representative know the language.
- 4. Get free personalized health insurance counseling** by calling your State Health Insurance Assistance Program (SHIP). To get the phone number, visit [Medicare.gov/contacts](https://www.medicare.gov/contacts), or call 1-800-MEDICARE.

***Do you need Extra Help paying for Medicare prescription drug coverage?***

If you have limited income and resources, you may qualify for “Extra Help” to pay your prescription drug costs. Visit [socialsecurity.gov/i1020](https://www.socialsecurity.gov/i1020) to apply online. Or, call Social Security at 1-800-772-1213 and ask for form SSA-i1020. TTY users should call 1-800-325-0778.

Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, N. Y. 12020

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New York State Office for the Aging, the County of Saratoga and local Municipalities*

From Our Dietitian:

### **Nutrition Bars**

Nutrition bars seem to be one of those food items that have become increasingly popular, filling shelves in the grocery, drug and health food stores. Nutrition bars seem to be popular with many age groups and not just reserved for the back to school lunch box. Labels on nutrition bars boast sources of energy, protein, fiber and much more. Given they are non-perishable, these bars are ideal for snacks and grab-and-go meals. Unfortunately some of these bars have a nutrition profile more like candy bars with only a few nutrients or added fiber tossed in. Good news is there are also several packed with whole grains, nuts, and fruits which are all good for you offering a variety of nutrients without as much added sugar.

Below are some helpful tips to help you pick the best bar for your needs:

**-The Why and the When-**To help you pick the right bar, determine why and when you eat them. If you are looking for a snack to hold you over until your next meal or need some added calories and protein before or after exercise, look for bars in the 200 calorie range and with a minimum of 5 grams of protein. If you eat bars as an occasional meal replacement, those in the 300-400 calorie range with a minimum protein range of 10-15 grams may be a better choice. Bars used for meal replacement can be paired with some yogurt or low fat cheese as well as some fresh fruit for better nutrition.

**-Sweetness-**While there are many lower sugar options, many bars still contain high amounts of sugar. Considering 4 grams of sugar is equivalent to 1 teaspoon of table sugar, eating a bar with 26 grams of sugar is almost like eating 6 ½ teaspoons of sugar. Keep in mind that nutrition fact labels do not distinguish between natural sugars (as those found in fruits) versus added sugars. So if your bar contains some dried fruits this will be counted in the sugar grams. Bars that contain some of their sugar grams from fruits or fruit juice concentrates will be healthier than those that list cane sugar, brown rice syrup, dextrose or high fructose corn syrup, as one of the first few ingredients.

**-Fiber-**In addition to fiber's known benefits for digestive health, fiber can help satisfy you and keep you feeling full longer so choose bars that offer at least 2-3 grams of fiber per serving. Many bars now contain processed fibers such as inulin (chicory root fiber) or soluble corn or soluble wheat fiber. It is not clear how these processed fibers are at preventing constipation, lowering cholesterol or assisting with blood sugar control. Instead, look for bars that contain unprocessed, intact fiber such as those found naturally in whole grain flours, bran, oats, nuts and dried fruits as listed on the bar's ingredient label.